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Dear John,

I trust you are doing better and getting stronger each day. I am writing you because of spirit's insistence that certain things are meant to be gotten across at this time.

First Cato wishes to say a few words. "John at this time I wish to share with you something of my past and my purpose in the foundation. The reason I have chosen to express under the name of Cato to your group for many of you knew me in that life and also Jim relates to me well in this time reference.

During my many expressions in the physical realms I served as Pharaoh of Egypt 13 times. Of these few there are you would be familiar with Cheops of Khufu around 3000 B.C. and as Amenemopet around 1020 B.C. Then I was known as the New King of Egypt. As Cato, 1370 B.C., I was known as the greatest artist of Egypt and my son was the maker of the Mosque of the pharaoh Tutankhamen and of the tomb of the Child King. I was as well Confucius of China, Master King of China, an artist of the Ming Dynasty, and am now Lao Ming of Peru, near Lake Titicaca. Here Jim has been with me in the astral and can share more with you.

I come into the foundation to impart my many levels of knowledge from philosophy to art. I will help inspire the many new designs for devices of the future. Also, I inspired through Jim the design of the foundation along with hierarchy. Upon the seal you may place the letters of the foundation, J.F.F., for the John Fetzer Foundation, or something along these lines. I will try to guide you and your artist in the final drawing. Also the drawing of the university of Melchizedek that Jim has drawn out was inspired by me to help him share with others something of the beauty and balance of the inner planes. I will work with you and be of what ever support I may be to the foundation.

Jim is one of my links with this plane and so I will often share through him to you many understandings.

Remember, and this is the real message this night, the foundation is to be a center where all ideas are taken into account, medical & non-medical, mechanical & medicinal, secular and religious, to find the key for the healing of the whole man. Don't get side tracked from this goal. To bring together the good in all of the healing arts and perfect into an idea of healing the whole man. Enough for now, Jim is tired and we must now let him rest. Until the next time, John, our love and our blessings are with you,

Cato "